

How Can We Help You?

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March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

Chief Joseph (hero) – March 3, 1840
Knute Rockne (coach) – March 4, 1888
Liza Minnelli (actress/singer) – March 12, 1946
Albert Einstein (scientist) – March 14, 1879
Jerry Lewis (actor) – March 16, 1926
Moms Mabley (comedian) – March 19, 1894
Marcel Marceau (mime) – March 22, 1923
Aretha Franklin (singer) – March 25, 1942
Warren Beatty (actor) – March 30, 1937

March Birthdays at OLOV

- 3 Betty McLawhorn**
- 6 Cecilia Aron**
- 13 Katheryn Cramer**
- 14 Jean McGuire**
- 14 Linda Scott**
- 15 Luisa Kelly**
- 19 Stephen Robison**
- 20 Atwood "Bruton" Taylor**
- 20 Marjory "Sue" Watson**
- 23 JoAnn Talbott**
- 23 Nancy Hix**
- 23 Betty Campbell**
- 28 Betty Millsaps**
- 29 John Stinnette**
- 29 Margaret "Sue" McGuire**

Valley Voices

Our Lady of the Valley | 650 North Jefferson Street, Roanoke, VA 24016 | 540.345.5111

Celebrating March

Humorists Are Artists Month

Women's History Month

Save Your Vision Month

Women in Construction Week
March 2–8

Learn What Your Name Means Day
March 5

World Plumbing Day
March 11

Quilting Day
March 15

St. Patrick's Day
March 17

French Bread Day
March 21

Quirky Country Music Song Titles Day
March 27

Last Month at Our Lady of the Valley

We began last month by celebrating the 2025 Super Bowl with a fun soup cook-off and a viewing party for everyone to enjoy the game together.

The month was filled with wonderful musical entertainment, featuring SammyP, Jane from Allegro Music Therapy, Classic Radio Hour with Josh Urban, The Brothers Young, Leslie Brooks, and Marc Baskind. Their talent made the events truly memorable.

The Men's Group enjoyed their monthly outing to Café Asia 2, while the Women's Group gathered at Chili's for their monthly dinner. We're already looking forward to discovering next month's dining destinations!

We also hosted a Meet and Greet Social, which had been some time in the making. With many new faces in the community, including residents and staff members, this event provided an excellent opportunity to welcome everyone and strengthen our connections.

We wrapped up the month with a fun "Cooking with Kev and Andre" program. This time, attendees voted for chicken fajitas, complemented by delicious margaritas. What more could we ask for? We're already excited for what's coming up next month in the kitchen!

March holds many exciting opportunities, and we can't wait to see what it has in store for us.



Pastor's Corner

March On In Strength



Deuteronomy 31: 6 Be strong and of a good courage, fear not, nor be afraid of the [enemy]: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

Onward, Christian soldiers,
marching as to war,
With the cross of Jesus
going on before!
Christ, the royal Master,
leads against the foe;
Forward into battle,
see his banner go!

1 Timothy 6:12 Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.

Onward, then, ye people,
join our happy throng,
Blend with ours your voices
in the triumph song;
Glory, laud, and honor,
unto Christ the King;
This thro' countless ages
men and angels sing!

In His strength,
Lorie Holter, OLOV Pastoral Counselor

Paws on the Trail

Mushers begin the "Last Great Race" across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means "distant place." It's the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren't the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern that remains lit until the final dog arrives.

A Tale of Two Names



Istanbul or Constantinople? The largest city in Turkey has struggled with its name for centuries. The Greek colonist Byzas founded the city as Byzantium around 700 BC. It was renamed Constantinople in AD 330, when Roman emperor Constantine made it the capital of the Roman Empire. The name persisted until 1453, when the city was overtaken by the Ottoman Turks and renamed Istanbul. Yet most Turks, even in an official capacity, referred to the city as *Kostantiniyye*—which many still confused with Constantinople. It wasn't until March 28, 1930, that the Turkish Postal Service decreed it would no longer send mail to any place addressed as Constantinople. It has been Istanbul ever since.

Valley Happenings

Monday, March 3rd

Join us in the lobby at 2:30pm for music with SammyP!

Tuesday, March 4th

It's Mardi Gras! Join us for drinks, "king cake," and more at 3pm in the lobby.

Wednesday, March 5th

The van will load up at 11:30am to head over to the Basilica of Saint Andrew for Ash Wednesday mass at 12pm.

Thursday, March 6th

The van will load up at 1:30pm for an outing to Walmart. Please sign up at the front desk.

Tuesday, March 11th

Join us in the theater at 1pm for our monthly Master Gardeners program. Come check out what they have in store for us!

At 6pm the van will load up to head to Hidden Valley High School where The Roanoke Valley Community Band presents 50 Years of Broadway. Please sign up at the front desk.

Emmaus Bible Fellowship and Hymns will be in the lobby at 6:30pm.

Thursday, March 13th

The van will load up at 1:30pm for an outing to Hamrick's for bus week. Please sign up at the front desk.

Friday, March 14th

Jane with Allegro Music Therapy will be here at 2:15pm in the lobby. Hope to see you there!

Monday, March 17th

St. Patrick's Day! Join us in the lobby at 3pm for a St. Patrick's Day Celebration with entertainment by Leslie Brooks & Al Coffee. Don't forget to wear your green! We will enjoy green beer, finger foods, and themed music.

Tuesday, March 18th

We will have Music with The Saxy Keys at 1:30pm in the lobby. See you there!

Wednesday, March 19th

Join us in the lobby at 3:30pm for our monthly Classic Radio Hour with Josh Urban!

Full-Court Frenzy

The "Road to the Final Four" begins Tuesday, March 18. Sixty-eight of the country's best men's college basketball teams will compete in a three-week tournament known as March Madness, or the Big Dance. With so many games to follow, it's common for fans to watch several games at once across channels.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. The NBA draft takes place three months after the tournament, and a player's performance during March Madness can impact their draft prospects. While the focus is on team play, standout individual performances still draw attention. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected—a "Cinderella" team overcoming the odds to deliver a victory.

Valley Happenings Continued

Thursday, March 20th

The van will load up at 1:30pm for an outing to Dollar Tree. Please sign up at the front desk.

We will enjoy music with the Aiden & Blane Jazz Duo at 2pm in the lobby.

Tuesday, March 25th

Join us in the lobby at 2:30pm for music with Amy Andrews!

Emmaus Bible Fellowship and Hymns will be in the lobby at 6:30pm.

Wednesday, March 26th

Join us in the theater at 2pm for another Cooking with Kev and Andre. Let's see what they are cookin' up for us!

We will have our monthly birthday party with Marc Baskind at 6pm in the lobby. Come help us celebrate March birthdays!

Thursday, March 27th

The van will load up at 1:30pm for an outing to Marshall's. Please sign up at the front desk.